

# GEMS (Giving Employee's Monthly Scoop)

Florida Department of Health

January 2005



## From the Administrator's Desk

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Wow! Hard to believe it is already 2005. Did you feel like the month of December kind of just evaporated into history? It seems to me like every month is doing that lately. Maybe it has something to do with the fact that I am leaving at the end of June 2005. It sure is something to be watching closely on a horizon that gets closer and closer every day.

June 2005 will mark my 35<sup>th</sup> year working in public health. It was only yesterday that I started my career working in Jacksonville for the old State Board of Health. I started so long ago that the building I worked in is now a museum to Florida Public Health. I was fortunate to have had an office in the old building, now the Wilson T. Sowder Building, on North Pearl Street. It was an old building even back then. In heavy rain storms the creek next door flooded the entire area. Cars in the parking lot would go under water. You would wade in ankle-deep water to get out of the building. That was the seat of public health in Florida. I kind of feel like Abe Lincoln in public health.

Not really. I got to work with great people then and I got to work with great people now, here at our health department. Many of you have often heard me remark that public health is more than a job, more than a career, it is a calling. I cannot think of a more rewarding job to do.

This past year with the four hurricanes and tropical storm, many of us got to exercise that calling and went to assist other counties just as they would come to assist us, if the damage was here. We work day-by-day, doing work that needs doing, helping others in our community to improve their lives, and we get paid a salary to do it. Wow!

But it is when all the technology and all the distractions are removed, when you go into a community without electricity, without potable water, without housing for thousands of its people, that is when you make a contribution to the public's health that is a bit more basic. We were disappointed when we could not do more and do it faster. We had relief efforts going within 24 hours after the event. We did great work.

But, just when you start thinking of yourself, start congratulating yourself, or finding fault with what could have done better, you hear on the news about a tidal wave in southern Asia. You see television footage of what is unfortunately the genuine "reality TV" and see people swept away by a surge of the Indian Ocean across what was moments before dry land. Think about their public health system of responding to disaster. Gives you pause. Ten a.m. on a Sunday morning, on a resort island in Thailand, a wave of water washes the beach front clean - of buildings, of cars, of people. Just three weeks before, my kids (30 year-olds but still kids to me) were on that very island vacationing. Three weeks can be a lifetime. It can mean a lifetime.





## From the Administrator's Desk: Cont.

We begin a year, counting the many blessings that we have. Looking back at what last year brought, the good, the bad, the opportunities. We look ahead to the next year and to life. We plan, we hope, we dream. I will be sad to leave this public health family behind. I know there are many avenues that I can choose and continue to make my little contribution toward making the world a better place. That is what life is all about, I think.

We look at a new year and ponder our lot. We look at devastation a world away and ponder our lot. We look at the hurricanes just hours away and ponder our lot. We do a lot of pondering.

So ponder on this. Each day contains opportunity. We choose to decide which of those opportunities we will take. Even not making a choice is in fact one of the decisions we make. We cannot control the hurricanes. We cannot control the tidal waves. We can control who we are and how we react. We can control the opportunities we make for others. We can control whether we add value to the world or take value away from the world. We can choose to make others happy. We can control our own happiness.

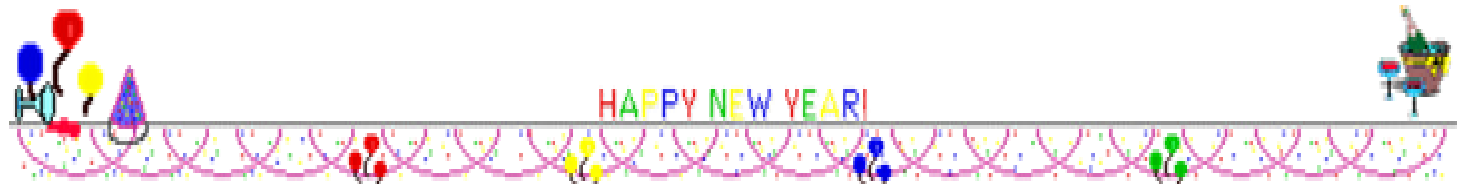
As a wish for the new year, I wish each of you the wisdom to make the best choices each and everyday. Be a blessing to everyone who knows you. Make a smile come to the face of all you meet.

"Be excellent to each other, and party on dudes."

Art Cooper

# January 28th General Staff Meeting

**Our January General Staff Meeting will be held on the 28th. Dr. Bonita Sorensen, Deputy State Health Officer will be attending to discuss the transition in leadership at the Leon County Health Department. This will be your opportunity to provide input to the selection process and the type of leadership style that would best suite the Leon County Health Department. Make sure that you attend.**



# NURSING DIVISION



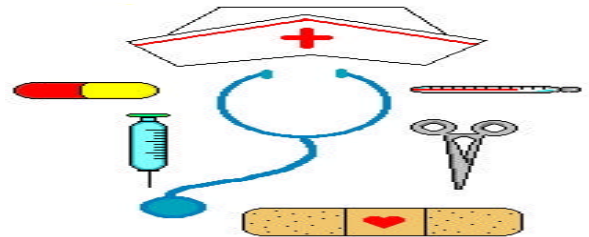
Nursing held a Christmas Tea on 12/17/04, during the Monthly Nursing Meeting. Staff brought their favorite teacup and dessert and enjoyed sharing in the holiday spirit. Gifts were exchanged during the "White Elephant" game and all had a good time.



Nurses deployed during the hurricane season received a Pin and "Caring Hands" Award from Florida Nurses Association for their participation in providing care to citizens in affected areas of Florida.

## Title X Funding

Nursing was awarded \$15,000 of Title X funding to assist in meeting clinic needs that were affected by the deployment of staff and the opening of shelters during the hurricane season. The funds were requested to hire an ARNP part-time.



## FOR THE FUN OF IT

### Nurses Murphy's Laws

As soon as you finish a thirty minute dressing the doctor will come in and take a look at the wound.

The disoriented patient always comes from a Nursing Home whose beautiful paperwork has no phone number on it.

Your nose will itch the very moment your gloved hands get contaminated with bodily fluids.

When you cancel extra staff because it's so quiet, you are guaranteed a rash of admissions.



## Leon and Gadsden School Readiness Coalition Thank You Letter

Dear Ms. Mathews:

The Leon/Gadsden School Readiness Coalition would like to thank the Leon County Health Department for partnering with us to inform families about the importance of practicing health and safety standards with their children. By tack-

ling these challenges head on, we will help build a stronger, more informed community.

The Health Care Fair that took place at the Wal-Mart Super Center on November 13th proved to be a success and your support in this effort was greatly appreci-

ated. The Leon/Gadsden School Readiness Coalition looks forward to working with your organization in the future.

Thank you,

Sahirah Norwood  
Program Coordinator

# Mobile Health Unit—January 2005 Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				<b>HAPPY NEW YEAR!</b>
<b>3</b>	<b>4</b> Magnolia Terrace Apts. 509 E. Magnolia Ave. 2:00 – 4:00	<b>5</b> Ebony Gardens Apts. <b>1010 N. Macomb St'</b> 2:00 – 4:00	<b>6</b> Micosukee Senior Day Moccasin Gap Rd 10:00 – 12:00  Briarwood Apts. 4495 Shelfer Rd 2:00 – 4:00	<b>7</b>
<b>10</b>	<b>11</b> Springfield Apts. 1700 Joe Louis St. 2:00 – 4:00	<b>12</b> Gibb – Oakridge Apts. 910 Ross Rd. 9:30 – 11:30  Orange Ave. Apts. Country Club Dr. 2:00 – 4:00	<b>13</b> Woodville IGA Woodville Highway 9:30 – 11:30  Sunrise Place Apts. 2525 Texas St. 2:00 – 4:00	<b>14</b>
<b>17</b>	<b>18</b> Ft. Braden Community Center Senior Day 10:00 – 12:00	<b>19</b> Suakoko Villa – Leon Arms Apts. 2505 A – B Holton St. 10:00 – 12:00  Colonnade Apts. 1616 McCaskill St. 2:00 – 4:00	<b>20</b> Griffin Height Apts. 1010 Basin St. 2:00 – 4:00	<b>21</b>
<b>24</b>	<b>25</b> Chaires Community Senior Day 10:00 – 12:00  Chaires East Next to Chaires Elem. 1:30 – 3:30	<b>26</b>	<b>27</b> The Meadows MHC 3535 Roberts Ave. 2:00 – 4:00	<b>28</b>
<b>31</b>				

# WIC AND NUTRITION DIVISION

WIC Participation: - (September closeout month)

Site Participation: Roberts & Stevens:	2936
Southside:	1842
Apalachicola:	244
Carrabelle:	53
Jefferson:	367
Madison:	732
Taylor:	686
Wakulla:	453

Congratulations To WIC Staff!

Congratulations goes out to Holly Kirsch, the new Health Center Administrator for Roberts and Stevens as of December 31st! We wish her the best of luck.

Congratulation to Tisha Wilson, who was accepted into the Chiropractic program in Texas. Her last day with WIC was December 16th. We will definitely miss her.



Congratulations to Marcy Sieg, who is expecting her first baby. Good luck, Marcy. The WIC family keeps growing every year.

## Eat Smart, Stay Healthy Recipe

### Fresh Broccoli and Pasta Combo

Ingredients:

- 1 Onion (small), chopped
- 1 clove Garlic (medium), minced
- 2 tablespoons olive oil
- 2 teaspoons Low sodium instant chicken bouillon
- 1/4 teaspoon Dried marjoram leaves, crushed
- 1 tablespoon Flour
- 1 cup Skim milk
- 1 cup Shredded low-fat Swiss cheese
- 1 lb. Broccoli, separated into flowerets, cooked and drained
- 1-1/2 cup Curly or spiral macaroni, cooked and drained
- Grated peel and juice of 1/2 lemon

To prepare:

In a 10 inch skillet, sauté the onion and garlic in the olive oil with the bouillon and marjoram until just tender. Remove from heat and stir in flour. Cook for a few minutes, stirring constantly. Gradually blend in milk. Cook over medium heat, stirring, until thickened. Add cheese and stir until melted. Add broccoli, macaroni, lemon peel, and juice and heat.





Florida Department of  
Health—Leon County  
Health Department

## DIVISION OF ADMINISTRATIVE SERVICES

### NOVEMBER 2004 COUNT

Resident Births.....	397
Non Resident Births.....	184
New Birth Certificates sent to Jacksonville.....	541
Death Certificates Issues.....	1,030
New Death Certificates sent to Jacksonville.....	193

#### VITAL NEWS

The new revised death certificates will go into effect on January 1, 2005. The new death certificates as well as the new handbooks were sent out to the Funeral Homes, and the Medical Examiner's office.

Department of Revenue initiated a law change that provides a two-witness option that went into effect July 2004. This change provides hospitals with flexibility that enables them to help unwed mothers & fathers acknowledge paternity through the DH-511 certificate of live birth paternity acknowledgement even when a notary is not available. The hospital staff may choose the most convenient & appropriate method for each situation.

## “IT” News

(Information Technology)

### NEW SCANNING FEATURES

In case you haven't heard, Southside now has a scanning copy machine, as well as ones at Municipal Way and Roberts and Stevens. How do you use these? It takes four easy steps:

1. Place your item to be scanned on the Minolta copier.
2. Press the FAX/Scan button.
3. Select the "Scan" tab on the display.
4. Select your building's scan option and press the "Start" button.

The scanned file will go to the G: drive, into the "Scanned Documents" folder. It will scan as a black-and-white, Adobe "PDF" document which you can access from your desk. Call us at the help desk if you'd like a walk-through or need assistance.



### XP MIGRATION

Many of you have noticed Leon CHD IT staff coming around to upgrade your computer's software. We are working on a large project, due in March 2005, to bring all workstations to the same operating system— Windows XP— instead of a mixture of Windows 2000, and Windows NT. Standardizing makes it easier to protect your computer from viruses and other attacks, and helps ensure you have the most up-to-date versions of Word, Excel, Access, and PowerPoint. As of December 2004, 43% of our computers have been converted. If your computer hasn't been upgraded yet, please be patient with us as we make these changes.

### NOTIFICATION FOR TERMINATING EMPLOYEES

Just a reminder - when staff leave, IT must delete old usernames and badges, and mobile equipment must be returned for inventory and reassignment. Supervisors submit an "DOH Employee Exit/Relocation Checklist" form to MIS as the "official closing document" for departing staff. This form can be found on our website under the "forms" tab, or by going to: <http://dohiws.doh.state.fl.us/chdleon/Forms/exitcheck.pdf>

## DIVISION OF ADMINISTRATIVE SERVICES: Cont.

Work Orders							
Month	Completions by Site						Total
	Municipal Way	Roberts Stevens	Environmental Health	Southside	Outlying Counties	Other Sites	
September	164	79	29	58	7	9	346
October	135	90	16	39	1	9	290
November	132	64	13	23	3	8	243

# 2004 CHRISTMAS CONNECTION

### Santa Claus is Coming to Town.

Well, actually, he was already here for a needy Leon County family. And she had lots of helpers too. Led by Brenda Brandon and Paula Grix, staff members of the Leon County Health Department contributed clothing, furnishings, money, and toys for a single Mom and her two children who needed so much, not just for a Merry Christmas, but also for day-to day living. The family was found through the Christmas Connection, a non-profit organization coordinated by Catholic Charities, with the help from many other groups. Referrals come from dozens of human-services organizations, and all cases must be referred by professional social workers, from qualified nonprofit organizations.

This year the family that was adopted had just received housing and needed everything that is needed to set up house. One of the top items that was needed was a single bed for the 2 year old. There was only one bed in the house and the two children had to sleep with Mom at night. Leon County Health Department staff contributed to make this part of the Christmas dream come true, with enough leftover dollars for a food gift card from Publix. Some of the other items that were purchased for the family were; Sheets, pillows, bed accessories, a crib and mattress for the baby, a can opener, dishes, towels, clothes, and toys. Leon County Health Department had enough staff participate that we were able to fill the entire Christmas Wish List. When it came time to wrap the gifts, several elf's (Paula Grix, Tiffany Davis, Janis French and Kara Loewe) came together to help Brenda wrap and deliver the gifts to the collection center. Although they couldn't be there in person to see the family open their gifts, the fact that the Leon County Health Department staff opened their hearts, gave all a good measure of Christmas spirit.

**Remember that giving to and helping the needy will brighten your day and warm your heart.**

# Health Education

January is.....

**NATIONAL CERVICAL HEALTH AWARENESS MONTH**

**HEALTHY WEIGHT WEEK ~ JAN. 18-24**

Wellness begins with... Physical Activity

An Active Lifestyle can provide the following benefits:

- Reduces your risk of dying from heart disease or stroke
- Lowers your risk of getting heart disease, stroke , high blood pressure, colon cancer, and diabetes
- Helps keep bones, muscles, and joints healthy
- Reduces anxiety and depression and improves mood
- Helps you handle stress
- Helps control your weight
- Protects against falling and bone fractures in older adults
- May help protect against breast cancer
- Helps control joint swelling and pain from arthritis
- Gives you more energy
- Helps you sleep better



## It's a relief to know the truth after all those conflicting medical studies

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.



# DENTAL DIVISION

The time to move in to the new dental facility at 912 Railroad Avenue is finally here. We are scheduled to have all of our existing equipment taken over and reassembled on January 20 – 21, 2005. This should furnish 6 operatories with the additional equipment for the other 6 rooms arriving shortly after that. Patients requesting information should be told that the phone number for the dental division (487-3144) will remain the same. But all dental clinical services will begin on Monday, January 24, 2005 at our new Railroad Avenue location.

November 2004

Patient visits.....282  
Preventive activities (cleanings, sealants, oral hygiene instructions)...205  
Total services.....922

Just  
for  
Fun

One day, a man walks into a dentist's office and asks how much it will cost to extract wisdom teeth. "Eighty dollars", the dentist says. "That's a ridiculous amount," the man says. "Isn't there a cheaper way?" "Well," the dentist says, "if you don't use an anesthetic, I can knock the price down to \$60.00." "That's still too expensive," the man says. "Okay," says the dentist. "If I save on anesthesia and simply rip the teeth out with a pair of pliers, I can knock the price down to \$20.00." "Nope," moans the man, "it's still too much." "Well," says the dentist, scratching his head, "if I let one of my students do it, I suppose I can knock the price down to \$10.00." "Marvelous," says the man, "book my wife for next Tuesday!"

## ENVIRONMENTAL HEALTH DIVISION

Another "GATOR"! Of course, we won't hold that against him. Dan Goodfriend started to work for us in the Onsite Sewage Program as an Environmental Specialist I. Dan's college education consists of a B.S. in Wildlife Ecology from California and a Master's Degree from the University of Florida in Fishery and Aquatic Sciences. Dan's main duties and responsibilities will be in the investigations processes. (Of course, there is that other 5% related duties and responsibilities.) We are glad to have him aboard.

November 2004  
On Site Disposal Systems

	APPLICATIONS	PERMITS ISSUED	FINAL APPROVALS
NEW	45	44	20
REPAIRS	35	34	29
EXISTING	14	1	1
ABANDONED	2	2	3



# HEY

# EPI NEWS

Issue # 3 Disease Reporting From 8:00 – 5:00 Call 487-3186 After hours Call 201-0804 December 2004

## Hot Topics

## EPI Reporting

### EPICOM Update - Measles

On November 29, 2004, the Hillsborough County Health Department received a report of a positive Measles IGM in a one-year-old unimmunized child. The clinical presentation included rash, fever 104, cough, coryza, and conjunctivitis. This child had traveled to India 6/6/04 and returned to the United States 11/14-11/15/04:

Hydabad to Bombay on November 14 Air India flight number A1443:

Bombay to Newark on November 14 Air India flight A1191

Newark to Tampa on Continental flight # 1418 On November 15.

Three different airlines were involved and contact tracing is being conducted by Hillsborough Health Department staff.

Although measles transmission is known to occur on commercial aircraft, available data suggest risk of transmission is low. However, those passengers seated adjacent to a contagious case are at an increased risk of infection.

If you suspect a case of measles in your practice, please notify Leon County Health Department who can assist you with laboratory confirmation and contact tracing and follow-up.

## Botulism cases in South Florida

Florida Department of Health (DOH), the Broward and Palm Beach CHDs, have been investigating a cluster of possible botulism cases among four south Florida residents. These cases may be associated with injection therapy for cosmetic purposes of botulinum toxin in a Broward County clinic or other sites. All 4 patients presented with paralysis and are now intubated in intensive care. Two were admitted to a Palm Beach hospital and 2 others were admitted to a New Jersey hospital after travel there for Thanksgiving.

The DOH State Health Office is requesting that all County Health Departments report any incidences in their counties that may be related to this cluster. In this regard, we are requesting your assistance in reporting to the Leon County Health Department, if you suspect any related cases. We can assist you in the investigation of these suspect cases.

The Leon County Health Department has notified all county emergency rooms and hospital infection control practitioners of the above situation.

For more surveillance information, see the DOH Web site at <http://www.doh.state.fl.us/Environment/hsee/arbo/index.htm> or call the Disease Outbreak Information Hotline which offers updates on medical alert status and surveillance at 888.880.5782

### What to report?

Suspected or diagnosed communicable diseases and out-breaks. List of the diseases can be obtained from the Leon County Health Department by calling (850) 488-3186 or [http://www.doh.state.fl.us/disease\\_ctrl/epi/surv/lor8\\_3.pdf](http://www.doh.state.fl.us/disease_ctrl/epi/surv/lor8_3.pdf)

### Why Report?

Health care practitioners are very busy people and an individual practitioner may not know what is happening in their community at all times. Reporting of communicable disease makes it possible to prevent further spread of the disease.

### Who should report?

All licensed health care practitioner.

### When should the report be made?

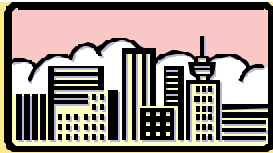
These reports should be made promptly within 72 hours. **Immediate Notifiable Conditions** includes:  
Public health emergencies  
Unusual events/disease, e.g. possible Bioterrorism event/disease, Category A

And any disease outbreak.

### Where to report?

Direct further inquiry to the Leon County Health Department Epidemiology, Nursing Program Specialist, **Rebecca D'Alessio at 487-3186.**





# Community Hotline

## Leon County Health Department Confirmed Cases per Year

Disease Name	2001	2002	2003	YTD 2004
Hepatitis C	295	264	288	136
Viral Meningitis (A)				57
Salmonellosis	68	114	76	61
Giardiasis	24	14	20	28
Streptococcal pneumoniae	6	2	8	24
Shigellosis	9	17	50	15
Hepatitis B in Pregnant Women	8	7	3	15
Hepatitis B	4	4	6	9
Campylobacteriosis	12	23	10	8
Tuberculosis	13	20	10	8
Hepatitis A	7	1	20	5
Malaria	1	0	3	3
Meningococcal Disease	2	2	1	1

## Leon County Health Department Stats for EPI investigations in November:

Strep Pneumo—4  
 Salmonella—8  
 Hepatitis B—1  
 Strep B Meningitis -1  
 Lead Poisoning—3  
 Strep Pneumo Meningitis—1  
 Hepatitis B in Pregnant Women—2  
 TB Suspect—1  
 Refugee Health Program Referral—1



(A) This is non-reportable. Began tracking in 2004. No previous data available.

## Epidemiology Investigation Team (EIT) On-Call Nurse Leon County Health Department

Leon County Health Department (LCHD) public health disease reporting system operates twenty-four hours per day, seven days per week (24/7). This system is focused on strengthening key components of the traditional public health surveillance process in the Leon County area. This system is in response to needs associated with early **detection** of reportable diseases and of suspected terrorist event that requires response by public health nursing. The Epidemiology Investigation Team (EIT) on-call nurse provides public health nursing coverage during non-business hours.

"Telephone Reportable" Diseases/Conditions are those designated by F.S. to be reported immediately by telephone. Immediately Notifiable Conditions (public health emergencies; unusual events/disease, e.g. possible Bioterrorism event/disease, Category A), and any disease outbreak must also be reported immediately.

**On-Call Number:**  
**(850) 201- 0804**



## When should you wash your hands?

You should wash your hands often. Probably more often than you do now because you can't see germs with the naked eye or smell them, so you do not really know where they are hiding.

## what's next 2005

- **Leon County Annual data on diseases**
- **Feature – Avian Influenza Virus H5N1**
- **Leon County EPI Activities**
- **Please let us know other topics you want to see in our EPI News. Send us your comments.**





# ***New Years Traditions Around the World***



**Australian New Year:** In Australia they celebrate the New Year on January 1. This day is a public holiday and many people have picnics and camp out on the beach. They have parties that start on December 31 and at midnight they start to make noise with whistles and rattles, car horns and church bells to ring in the New Year. In Australia new year is a day for outdoor activities such as rodeos, picnic races and surf carnivals.

**Bengali New Year - Indian State:** In Bengali they celebrate New Year on the 13th or 14th April, which is the first day of the month that they call Baisakh. They clean and decorate their houses in preparation for the New Year. They use flour to paint patterns on the ground out the front of their houses, in the middle of the design they place an earthenware pot, decorated with a red and white swastika which is a religious symbol, and filled with holy water and vermillion. Also inside the pot they place a mango tree branch which must consist of five twigs and a number of leaves. The pot symbolizes good fortune for the family.

**Chinese New Year:** The Chinese New Year "Yuan Tan" takes place between January 21 and February 20. The exact date is fixed by the lunar calendar, in which a new moon marks the beginning of each new month. For many families, it is a time for feasting, visiting relatives and friends, but in the city a spectacular procession takes place. The celebrations are based on bringing luck, health, happiness, and wealth till the next year. They clean their houses to rid them of last year's bad luck before the celebrations begin. Chinese people believe that evil spirits dislike loud noises so they decorate their houses with plastic firecrackers. The loud noises are intended to frighten away evil spirits and bad luck that the spirits might bring.

**European New Year:** In Europe the custom of first-footing is practiced. This is where the first person to enter the house after midnight must be male and is supposed to bring good luck to the household. The visitor is supposed to bring a gift such as money, bread, or coal, these are supposed to ensure the family will have plenty of these in the coming year. Throughout the world the custom of making noise to ring in the New Year has not gone untouched as this was supposed to scare off any evil spirits. Today any noise is used such as clackers, toy trumpets, whistles, and bells are party favors given to guests to use when the New Year has rung in.

**Greek New Year:** January 1st is an important date in Greece because it is not only the first day of the New Year but it is also St. Basil's Day. St Basil was one of the forefathers of the Greek Orthodox Church. He is remembered for his kindness and generosity to the poor. He is thought to have died on this date so this is how they honor him. New Year is perhaps even more festive and important than Christmas as it is the main day for gift-giving and for stories of St Basil's kindness to children and the stories of how he would come in the night and leave gifts for the children in their shoes.

**Pakistani New Year:** New Year in Pakistan is known as Nowrooz or New Day. This day begins in March and traditionally represents the rebirth of nature after the long winter. The New Year begins the instant the sun is no longer in the astrological sign of Pisces and enters Aries. It is celebrated as a time of renewal. One of the customs of Nawrooz is the practice of burning piles of wood. The bonfires are a symbol to destroy any remaining evil from the previous year.

**Netherlands New Year:** In the Netherlands people burn Christmas trees on street bonfires and let off fireworks to ring in the New Year and as a way of driving out the spirits of the old year.

**South African New Year:** In South Africa they ring in the New Year with church bells ringing and gunshots being fired. For those in the Cape Province New Year's Day and Second New Year's Day are full of a carnival atmosphere as there are carnivals where people dress in colorful costumes and dance in streets to the sound of drums.

**Spanish New Year:** When the clock strikes midnight the Spanish eat 12 grapes one with every toll to bring good luck for 12 months for the New Year. Sometimes the grapes are washed down with wine. Theater productions and movies are interrupted to carry out this custom.

**Swedish New Year:** The Swedish New Year celebrations are no different than in most parts of the world. They drink champagne and watch fireworks and make New Year resolutions no one keeps. The Swedish go to church, go to smorgasbords and drink spicy glogg.

**Russian New Year:** In the Soviet Union Santa is replaced with Grandfather Frost. He looks much like Santa Claus but arrives on New Year's Eve with his bag of toys. He wears blue instead of red. Father Frost can punish any evil doer by freezing them. Often kids dance around the tree, tell rhymes to Father Frost then receive their presents. They have large decorated trees in the centers of the major cities. The most formal New Year's celebration is a party held at the Kremlin. As many as 50,000 attendance tickets are sold in the weeks before the annual event. The Russian meal on New Year's is primarily meat and potato dishes.

# ***Happy New Year!***

## New Years Tips for Party Givers:

- When you guest arrive, collect their car keys. That way, when they are ready to leave, they must get a second opinion on whether they're sober enough to drive home.
- Always serve food with alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol.
- Have jiggers or self-measuring one-ounce bottle spouts for mix drinks. Guest are less likely to drink excessively when standard measures are used.
- Serve non-alcoholic drinks.
- Do not force drinks on your guest or rush to refill their glasses when empty. Some guest may not wish to appear rude and will accept drinks they do not want.
- Stop serving alcohol about two hours before the party is over. Guest then have time for their bodies to absorb the alcohol consumed. Serve coffee or other non-alcoholic beverages as well as food.
- If one of you guest has been drinking and shouldn't drive, do not give them back their car keys and let them drive. They could hurt themselves or others and maybe just a little persuasion from you could mean the difference between life and death.

### REMEMBER:

One drink=5 oz. of 12 percent wine OR 12 oz. of 5 percent beer OR 1 1/2 oz. of 80 proof liquor.

Neither coffee nor a cold shower will help sober someone up. Only time can do that.

Have a Happy New Year and a Safe Holiday Season



# HAPPY BIRTHDAY

# TO ALL JANUARY BABIES!

## Interesting Tips! (Caution, use at your own risk)

Budweiser beer conditions the hair, so save all the left-over beer!

Burn your tongue? Put sugar on it.

Puffy Eyes, Preparation H.

Stinky feet—Jello!

Fungus on toenails or fingernails, Vicks Vapor rub!

Kool-Aid to clean dishwasher pipes. Just put in the detergent cycle, it will also clean a toilet. (WOW, and we drink this stuff!)

Heavy dandruff—pour on the vinegar.

Wine stains? Pour on the Morton Salt and watch it absorb into the salt!

Stains on clothes, Colgate!



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